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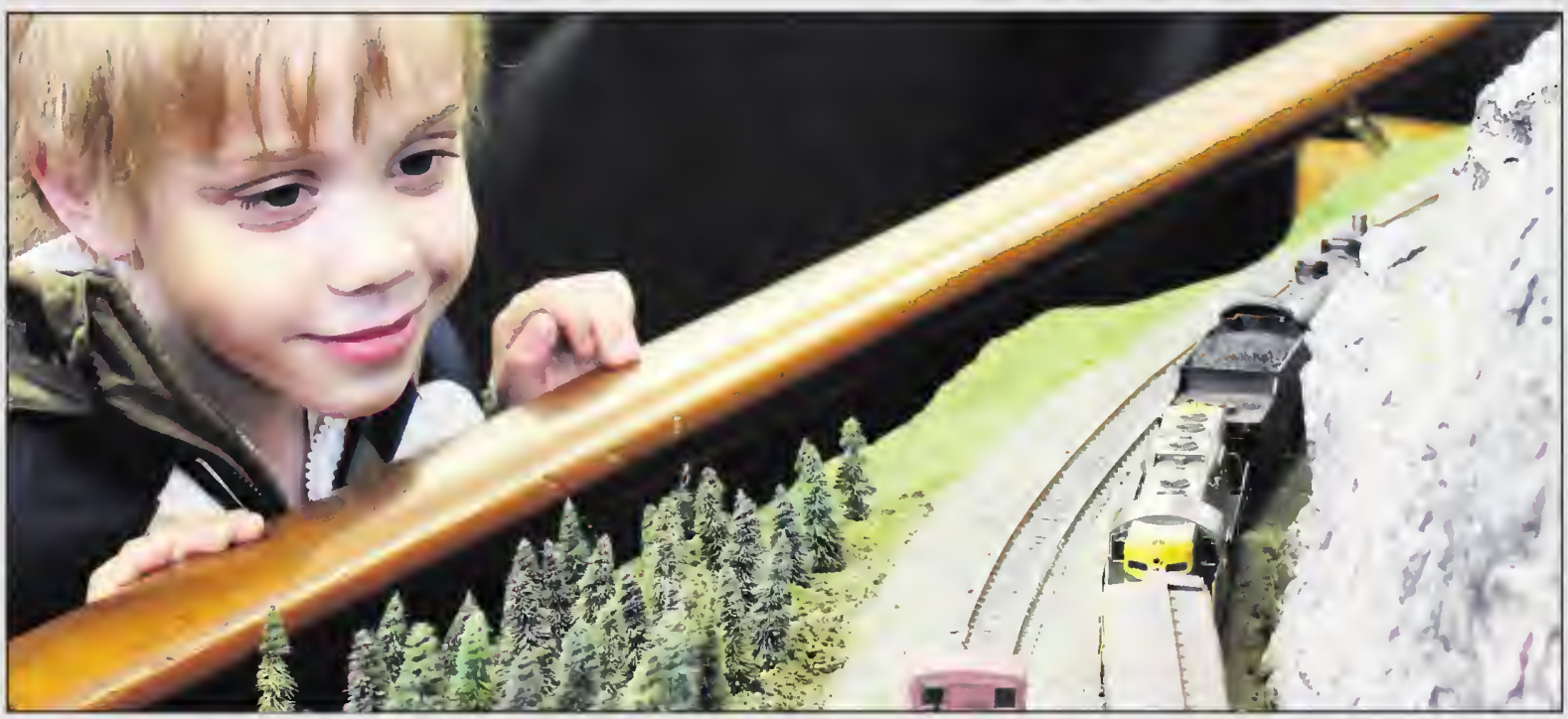

ALLAN BENNER/POSTMEDIA NETWORK

Four-year-old Joseph Parkin admires the miniature railway at the Greater Niagara Model Railroad Engineers open house, on Sunday. See story on page 2.

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UPFRONT

Entertained by trains

ALLAN BENNER
Postmedia Network

There is usually something new every year on the Fenwick Central railway when members of Greater Niagara Model Railroad Engineers invite the community to see the miniature world they created.

But the biggest change at the engineers' first open house of 2016 wasn't part of the HO scale model railway. It was the ceiling above the 80 square metres of tracks and mountainous landscape within its 141-year-old clubhouse at 1141 Maple St.

The model railway enthusiasts welcomed dozens of model train lovers of all ages inside to see the Fenwick Central railway Sunday.

To prepare for the first of two open houses — another one is this coming Sunday starting at noon — volunteers were hard at work finishing building repairs, said club member Dave Stremlaw.

"There were sections that were showing their age, and it was time," he said.

Rob St. Pierre, a recent addition to the club, led efforts to repair the building.

He said senior club members told him it had been about three years since damage was caused by a leaking roof.

Protecting the model railway while doing repair work posed a challenge for club members who volunteered to do the repairs to the Town of Pelham-owned building.

"It was not a fun job," St. Pierre said.

ALLAN BENNER/POSTMEDIA NETWORK

Dave Nelson from Greater Niagara Model Railroad Engineers adjusts a building during an open house Sunday.

Stremlaw said temporary platforms were built over scaffolding, suspending club members above the massive railway model so they could access the ceiling. They also removed anything they could from the railway model, and then covered it in plastic tarps to protect it while the work was underway.

After about two months of work, the project was temporarily stopped last week to allow club members to prepare for their open houses. When they are done, members plan to resume the work and adding fresh paint to walls as well.

"It'll look a lot better than it does now," St. Pierre said. "It's been a while since it's been done."

Stremlaw said some new additions have been made to the model, too — such as the continuing growth of a small town at the north-east corner of the building.

"We do little things all the time to improve it," he said.

Once the repairs to the building are complete, club members will return their attention to the model, likely focusing on a section of track that runs through "Brookfield Junction," St. Pierre said.

That part of the model was stripped down to plywood during the open house, and club members are now considering different options to build there.

"We're thinking some sort of paper, cement or aggregate company," he said. "We have some plans."

'Dr. Google' doesn't have all the cancer answers

MARYANNE FIRTH/POSTMEDIA NETWORK

NHS medical director of oncology Dr. Janice Giesbrecht, left, pins a sign with the words cancer survivor on patient Sarah Phillips in 2015.

LAURA BARTON
Special to Postmedia Network

More than three-quarters of Canadian cancer patients are turning to the Internet as their source of information instead of going to their doctor.

The Canadian Cancer Society conducted a survey to determine how people feel about the information they find online.

The short answer: overwhelmed and confused.

However, the survey found that 85 per cent of people are more likely to look online before consulting a doctor or health-care team.

Dr. Janice Giesbrecht, Niagara Health System medical director of oncology, says one way to remedy those confusing feelings is to ask questions.

Giesbrecht recognizes society has moved into a new way of receiving information and that includes their health information. When patients only stick to what they've read online though, that's when problems can start.

While acquiring information is easy, navigating through it isn't, she says. Reading something online can give a patient a lot of information, but it might not be information that applies to them and their individual situation.

Doctors such as Giesbrecht can help patients sort through all that they've found and ease those concerns. She says patients who see her at the Walker Family Cancer Centre receive a binder to guide them through the process of dealing with their diagnosis. It helps them assess the information they find, gives tips for online searches and even gives Canadian resources, something the cancer society survey found patients were in demand of.

What it really does is open the door for questions that patients might not have known they needed answered or didn't know how to ask.

"Asking those questions and asking for clarification is totally what we want for our patients."

There are also information lines patients can call, such as the cancer society's, which connects them to a live person who can answer their questions and also direct them to reliable resources.

Ultimately, Giesbrecht feels that searching online isn't a bad thing and that the Canadian Cancer Society is recognizing patients are using this tool. But, she does think that the gap between a patient using a search engine and speaking with their doctor needs to be closed.

"I still think we're a long way from Dr. Google answering everything," she quipped.

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Answering questions about Pelham community centre

MAYOR DAVE AUGUSTYN

Last week I wrote about the elegant design and affordable financing plan for the Pelham Community Centre. Since then, some folks asked me to report again about the projected operating costs and basis for a double arena.

Operating Costs:

Last Fall staff presented a very detailed pro forma that estimates that the Town can operate the Pelham Community Centre for an operating subsidy of less than $200,000 per year. (Lacking any energy efficiencies or operational synergies, our existing 40-year-old arena requires a $100,000 annual operating subsidy.)

The architect and construction manager included the latest energy efficiency innovations, including an eco-chiller for heat exchange and LED lights and took care to minimize wasted space while making the centre's layout very functional.

The facilities in some other communities include pools or fitness areas which are very expensive to operate and maintain. Further, many other facilities lack a compact design or use older technologies. Others also include debt servicing costs into reported operating budgets, making direct cost comparisons difficult.

Double Arena:

In early 2014 LeisurePlan recommended replacing the existing single arena on Haist Street with a new double arena in the east Fonthill area. Further, they recommended designing for two arenas, but with a phased build. Building one arena first and constructing the second pad after 2023/24 when sustaining demand developed.

As soon as the consultant released the report, arena users and community members questioned the completeness of the participation numbers used in the report.

Then in 2015 the Architectural Design Advisory Committee (ADAC) recommended that the town re-evaluate the business case for building a double arena during the initial build. In addition to concerns about not including all the current demand, ADAC expressed concerns with the overall cost and design implications of phased construction. For example, since they couldn't easily phase-in electrical and mechanical systems and since the initial build would need temporary walls or future connections, the capital cost differential for phasing would be minimal.

In June 2015 LeisurePlan updated their previous projections by considering missing information and additional demand from existing arena ice-users (18-20 hours/week). They concluded that "a second ice pad would be utilized 69%-77% during prime time" and therefore recommended that the Town "should consider the provision of a second ice pad by 2018/19."

In July 2015 council agreed with this recommendation and directed that the design include two arenas.

You can review information about this very important and exciting project at town hall and Pelham Libraries or at www.pelham.ca/community-centre.

Please plan to attend the Open Houses on Saturday, April 16, to speak with the architect, construction manager, town staff, volunteer architectural design advisory committee members and councillors.

You may contact Mayor Dave at mayordave@pelham.ca or read past columns at www.pelhammayordave.blogspot.com.

Can You Live Even though You Die?

PASTOR MICHAEL MELEG
Faith and St. Peter's Lutheran Churches, Dunville and Port Colborne

Can you live even though you die? Can you be dead even though you live?

The answer to both questions is, "Yes."

You can live on this earth and still be "dead in your trespasses and sins" (Ephesians 2:1). Through baptism we Christians are joined to the Saviour, Jesus, so that we die in His death and we rise in His resurrection.

By means of His death He defeated death for us. On the cross He pulled it in and completely defeated it.

God tells us, "If Christ is in you, the body is dead because of sin, but the Spirit is life because of righteousness. But if the Spirit of Him who raised Jesus from the dead dwells in you, He who raised Christ from the dead will also give life to your mortal bodies through His Spirit who dwells in you" (Romans 8:10-11).

And again, you were "buried with [Jesus] in baptism, in which you also were raised with Him through faith in the working of God, who raised Him from the dead. And you, being dead in your trespasses ... He has made alive together with Him, having forgiven you all trespasses, having wiped out the handwriting of requirements that was against us, which was contrary to us. And He has taken it out of the way, having nailed it to the cross. Having disarmed principalities and powers, He made a public spectacle of them, triumphing over them in it" (Colossians 2:12-15).

Yes, in baptism you were joined to Christ Jesus as to His body, and in that body your sins were crucified on the cross in Him, and in that body you died to sin in Him, and in that body you were buried with Him, and in your own body you will be raised to everlasting life with Him.

"He must rise from the dead," and because He has joined you to Himself, you must rise from the dead as well.

God tells us straight up, "For if we have been united together in the likeness of His death, certainly we also shall be in the likeness of His resurrection, knowing this, that our old man was crucified with Him, that the body of sin might be done away with, that we should no longer be slaves of sin. For he who has died has been freed from sin. Now if we died with Christ, we believe that we shall also live with Him, knowing that Christ, having been raised from the dead, dies no more. Death no longer has dominion over Him. For the death that He died, He died to sin once for all; but the life that He lives, He lives to God. Likewise you also, reckon yourselves to be dead indeed to sin, but alive to God in Christ Jesus our Lord" (Romans 6:5-11).

Christ says that by faith in Him, you will be alive even though you may be dead and in the grave. And right now, in Christ, you are actually dead – dead to sin, truly repenting of your sins and believing in Christ for forgiveness – and at the same time, you are alive in Christ. Joined to Him who dwells within you, who is the resurrection and the Life. Jesus has defeated death.

Death has no power over us because we have been baptized into Christ our Saviour and raised to life in Him by the forgiveness of our sins. He rips us out of death and brings us into the life and light of His kingdom, of His mercy and glory.

But I can't see it. Can you?

We are still in our sinful flesh in this sinful world. It's hard to see the life that is ours in Christ. The traditional Easter Sunrise service Gospel reading is from St. John, and in it we hear about Mary Magdalene who saw Jesus in the garden by the tomb, but didn't recognize Him. She even thought He might be the gardener. Jesus was standing right there in front of her and she didn't see Him.

Later that day He appeared to two disciples walking on the road to the town of Emmaus. He was walking right there with them, but they didn't recognize Him, not even when He was expounding the Scriptures to them.

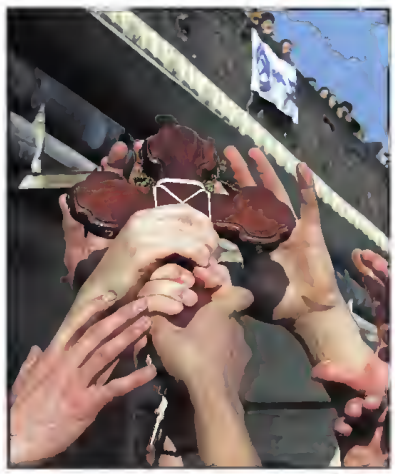
The same kind of thing happened at your baptism. Jesus was standing right there baptizing you, washing your sins away and clothing you with the pure robe of His righteousness.

He tells us plainly, "You are all sons of God through faith in Christ Jesus. For as many of you as were baptized into Christ have put on Christ" (Galatians 3:216-27).

But do you look down and see Jesus on you like a robe? No. Can you look into the waters and see Him? No. Can you listen to pure preaching and actually hear His voice, the same voice that the disciples heard? No. Can you look at the bread and wine and see them changed before your eyes into His flesh and blood? No.

Mary and the Emmaus disciples did not see Him, and neither do you. But they heard Him and so do you. Even though our physical eyes don't see the truth right in front of us (but they will when we are in heaven), yet we believe it because of God's Word and promise. We actually do see it with the eyes of faith, and we actually hear Jesus with the ears of faith. The last verse of Luther's Baptism Hymn explains and comforts: "All that the mortal eye beholds is water as we pour it. Before the eye of faith unfolds the power of Jesus' merit. For here it sees the crimson flood to all our ills bring healing; the wonders of His precious blood the love of God revealing, assuring His own pardon."

Christ is risen. He is risen indeed. Alleluia.



BORIS GRDANOSKI/AP

Faithful's hands reach for the wooden cross retrieved from Vardar River, during the Epiphany ceremony in Skopje on Tuesday, Jan. 19, 2016. Macedonian Orthodox Christians celebrate Epiphany across the country, commemorating the baptism of Christ according to the Julian calendar.

LOCALNEWS

Fido therapy real class act

KARENA WALTER
Postmedia Network

Surrounded by a circle of Brock University students, Dory the Portugese Water Dog flips over to have her tummy rubbed.

Student hands immediately reach out to pet the soft fur of the 18-month-old St. John Ambulance therapy dog.

Dory's lapping up the attention, but she's actually at work helping to de-stress students getting set for exams in the school's temporary "puppy room."

"I think it's just amazing. It was just the best stress reliever," said Katelyn Robinson, a third-year nursing student who spent a few minutes with Dory last Thursday.

She and fellow student Shanna Hunter popped into the room run by student health services for 10 minutes before heading off to work on a class project.

"I might come back tomorrow," said Hunter.

"Petting the dogs just makes you smile. Forget about the work for a bit."

The university runs a puppy room for three days, twice a year, in the week leading up to exams.

In spring and fall, St. John Ambulance therapy dog volunteers bring their pets to a room on campus so students can spend some free, quality Fido time.

The idea was hatched by Brock student health services director Melodie Shick-Porter, who has dogs of her own.

Shick-Porter said the puppy room started six years ago to help students decrease their stress levels at a very stressful time. She said research has found that after being with a dog for only 15 minutes, student stress levels are down.

"They miss their own dogs and it's positive mental health," she said.

Continued on next page

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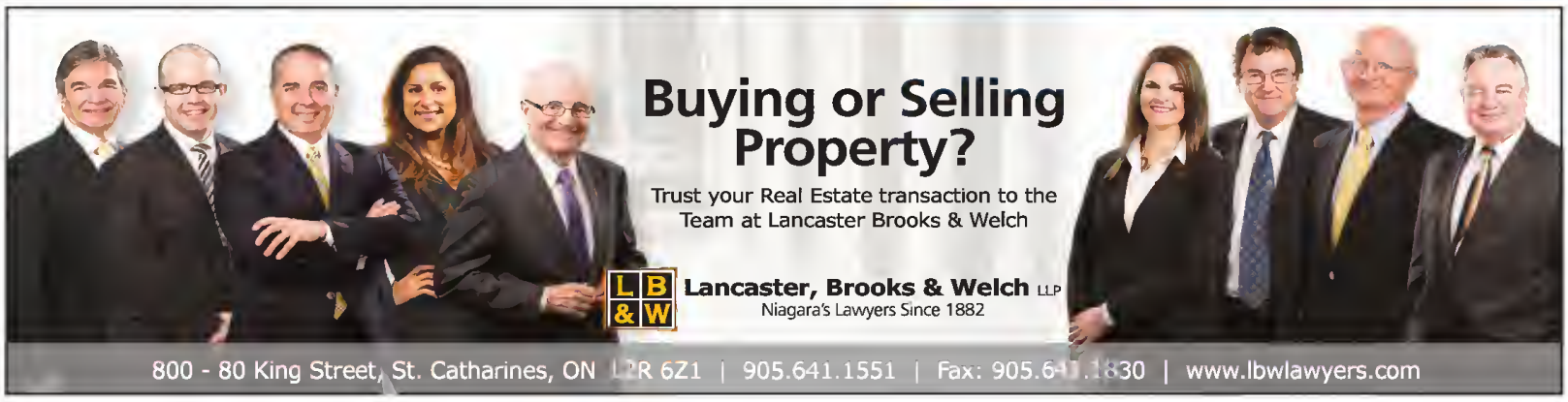

Fido therapy real class act

From previous page

That's something Lori Thwaites, puppy room co-ordinator with St. John Ambulance Therapy Dogs, has seen first hand with Mecho, her Bernese Mountain Dog.

"You see the kids come in, they're jittery. They spend time with a dog and a weight's dropped off their shoulders," Twaites said.

"We'll say, 'How are you doing?' and they say, 'We're in heaven.'"

Student health services also offers other programs, tips and strategies for students to help manage stress.

But the popular puppy room, held during Brock's Wellness Week, attracts about 2,500 students over three days.

"Sometimes we have them out the door, it's that many," Twaites said.

A 45-minute cutoff for visitors had to be imposed to accommodate the interest, unless it's an unusually slow time.

St. John Ambulance has 67 dog team volunteers in Niagara who visit seniors homes, community centres, hospitals and elementary schools, where they run a Paws 4 Stories program.

About 36 dog teams, like Dory and her owner John Nazar, take shifts at the university, making sure the puppy room is stocked with four to five dogs at a time. Volunteers put in 1,500 hours a year at Brock.

Twaites said volunteers can't wait to sign up and the dogs love it, too.

"As you can see, these kids come in and leaving smiling," said Mary Powell of St. Catharines, who brought three-year-old golden retriever Magee.

"She's my baby but when she brings smiles to other people, it makes you feel good."

Powell, evaluator for St. John's therapy dogs in north Niagara, said therapy dogs must be non-aggressive and friendly and their handlers need be able to control the dog. Volunteers go through an orientation, interview and evaluation with their dogs.

St. John Ambulance Therapy Dogs just signed an agreement with Brock for visits for the next five years.

"I just like dogs. Being able to pet so many is great," said first-year drama student Tsipporah Shendroff after spending time with sheepdog Emmie last week.

"If you are stressed, it can calm you down. It takes your mind off it. It's a good study break."

She was back after visiting on Tuesday with fellow drama student Kristina Ojaperv.

"I have two dogs at home that I really miss," Ojaperv said. "They're so cute. I really adore this thing the university has done."

kwalter@postmedia.com

JULIE JOCSAK/ POSTMEDIA NETWORK

Dory, an 18-month-old Portugese Water Dog owned by John Nazar, gets some love from Brock students. Students are able to relieve a little stress in the puppy room at Brock University. St. John Ambulance Therapy Dogs provide the service to the students as final exams bear down on the students.

Dr. Kimberly Dobson

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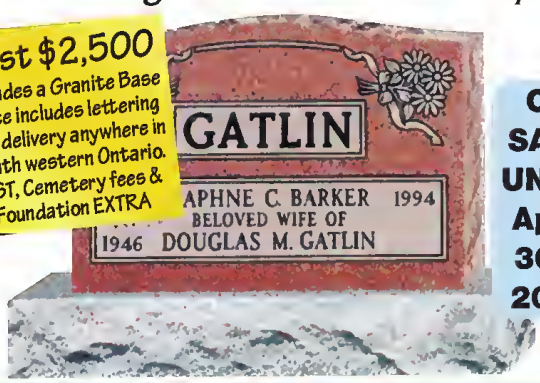

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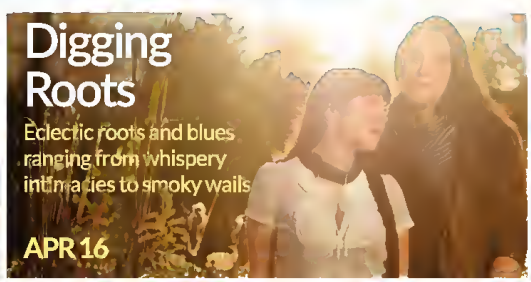

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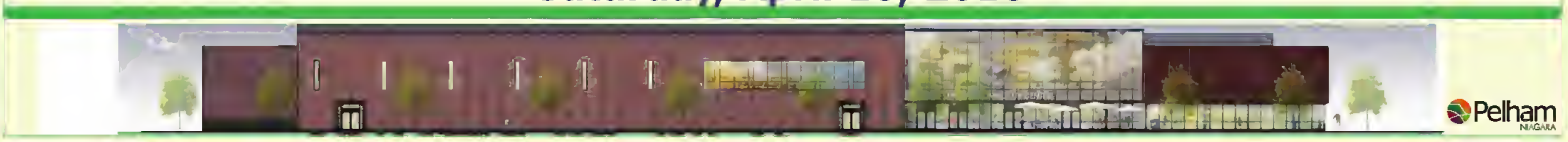

Daffodils a symbol of hope

FRANKI IKEMAN
Postmedia Network

For 36 years, Joyce Harrison has volunteered with the Canadian Cancer Society.

"I do this because about 30 years ago I had cancer," she said.

"I was already a volunteer here and I was just happy to survive what I did and decided right then that for the rest of my life I would do what I could to help eradicate this disease — this disease that doesn't choose people, it hits everybody.

"There isn't a family that hasn't been touched with cancer."

The Beamsville woman is preparing for the organization's annual Daffodil Month campaign, but more volunteers are needed.

"We're always looking for volunteers, that's very important to us and it's getting harder and harder to get the volunteers, but we do the best we can with the volunteers that we have," Harrison said.

She said that even volunteering for just a couple of hours selling daffodil pins at local grocery stores is a huge help.

"The daffodil is the flower of hope and so it's our signature — everybody knows us by the daffodil. We know that we're giving a lot of hope to the people out there just by the funds that we raise," she said.

Money raised during April's month-long campaign goes to funding research and supporting programs run through Canadian Cancer Society Niagara.

Harrison said that although sometimes people may not see all the work done by the society, the research funding continues to be extremely important.

"We've made great strides in the last 20 or 30 years that I've been a volunteer," she said.

As a volunteer, Harrison sits on the board for the society's Niagara branch and has sat on the provincial board as well. She said that doesn't stop her from continuing to be active in all campaigns, including selling daffodil pins this coming weekend.

Anyone interested in volunteering with the Canadian Cancer Society is encouraged to call 905-684-6455.

Fikeman@postmedia.com
Twitter: @Frankilkeman

FRANKI IKEMAN/POSTMEDIA NETWORK

Joyce Harrison is pictured at the Canadian Cancer Society office on Ontario Street in St. Catharines.

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MICHELLE ALLENBERG/POSTMEDIA NETWORK

Therapy dog Piper takes a treat from Wally Christie's mouth at a seniors residence in Fonthill.

Paws-itive energy goes a long way

MICHELLE ALLENBERG
Postmedia Network

A group of seniors light up with smiles as a furry creature runs toward them.

Piper, a four-year-old mix-breed therapy dog, wags her tail as she greats the group. In return she is met with belly rubs and juicy treats.

For owner Pam Young, 62, this isn't an unusual sight. Young said most of the people living at the seniors building at Pelham Town Square in Fonthill love to see Piper.

"What I discovered was people in here were really liking her. When I would come in from my walk in the evening and people were in the lobby, everybody wanted to pet her ... she was a real people dog," Young said.

Young noticed this became a bit of a ritual and due to Piper's good nature, Young decided to see if Piper could become a therapy dog. She contacted the organization Therapy Tails Ontario and brought Piper to a facility to be tested.

"It was a really rigorous evaluation and they just said she was absolutely wonderful — they loved her. They put her through all this testing, she passed everything with flying colours and they said 'We want this dog.'"

Therapy Tails works with a variety of people with different needs. The dogs will spend time with people at care homes, hospitals and mental health facilities, to special needs groups and much more.

Wally Christie, 84, said he has always had dogs, so having Piper around has been a great experience. Piper reminds him of the last dog he had who he remembers fondly.

"Piper and I bonded right away," Christie said.

One of the Fonthill group's favourite tricks to watch Christie and Piper perform involves a biscuit.

"Wally gets right down with her ... he carries a biscuit for her in his pocket. And he puts it in his mouth and she takes the biscuit right out of his mouth," Young said with a laugh.

The group of seniors erupt in laughter.

"She doesn't even touch his lips I don't think," Margaret Menge, 91, said with a laugh.

Piper has created a positive atmosphere for many of the residents. Piper gives people the opportunity to socialize and build friendships with one another.

"I think it helps when some people are very lonely, maybe they don't have any visitors or they've got children who live far away," said Joan Christie, 79.

She said she noticed the group of her friends, including herself, will look for Piper if they are having a bad day.

For Young, Piper is a gift. She feels obliged to share Piper with others.

"It means the world to me and it makes me happy. It increases the standard of living," Young said.

Therapy Tails Ontario is a non-profit charity. For more information or to see if your pup could be a therapy dog visit www.therapytails.ca or call 905-735-9157.

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Centennial students shine spotlight on 1950s

MICHELLE ALLENBERG
Postmedia Network

Centennial Secondary School students break a sweat to get the stage ready for the opening night of *Guys and Dolls* Thursday, April 28.

"This is a very fun show, too. *Guys and Dolls* is one of those musicals that comes from the golden age of Broadway musicals," Iraina Neufeld, a drama teacher at the Welland high school, said.

The play was written about the 1950s. Neufeld said she likes to refer to the play as if it were a bit like a cartoon because it doesn't take itself too seriously. She said without question it is a romantic comedy.

"Very, very funny characters, and serious characters. It all works out the way it is supposed to in the end," she said.

The costumes reflect the time period, and Neufeld said there are some elaborate designs. Women's fashion was very interesting in the '50s, and Neufeld said the audience can look forward to seeing a bit of style from that decade.

Work on the play began back in November with auditions. Soon after, technology theatre students began working on set design and construction of set pieces.

More than 200 students are working on the production, from construction to lighting.

Technology theatre students created a revolving set with the guidance of teacher Kevin Krasnay, who said this will permit faster set chances. On Tuesday students constructed a building on the revolving piece.

A revolving set also means major pieces can be left on the stage during the performance, Krasnay said.

Neufeld said since the show is run by students, they will have an have an experience very similar to that of professionals.

"If we didn't have this facility, we couldn't teach them at this level, but we make full use of this room. That's really exciting," Neufeld said.

Students learn, among other aspects of theatre production, to do their own sound, lighting, makeup and costumes. Students have the opportunity to become as involved as they want, the drama teacher said.

"They learn a set of skills that is unique and it is related to their schooling, but they get a very unique experience here," Neufeld said.

She said even putting the walls together on the stage is a great experience for the students.

Mike Naszados, 17, said preparation for the play has been nonstop work for him.

"I don't think I've slept since ... it's a lot of hard work," he said.

Naszados is part of the speciality high skills major for the arts and culture program run by the District School Board of Niagara. He said the program helped him discover a passion for theatre. For Naszados being part of *Guys and Dolls* has been a great experience. He has been cast as one of the characters, and he works on his lines every day to make sure his performance will be perfect.

Tickets are now on sale for $15 for adults, $10 for seniors and students. To purchase tickets call 905-735-0700 ext. 60610.

MAllenberg@postmedia.com

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LOCALNEWS

SPECIAL TO POSTMEDIA NETWORK

Welland's Anthony Yorfido got the thrill of a lifetime Thursday when he bumped into Steven Tyler at a Montrose Road store and given backstage passes for the rock legend's show at the Fallsview Casino. The huge Aerosmith fan was then brought on stage that night.

Tyler gives Welland fan 'best thing' ever

JOHN LAW
Postmedia Network

When Welland's Anthony Yorfido tried to get Steven Tyler tickets earlier this year, he had to dream on. Both shows at Fallsview Casino last week were sold out.

The huge Aerosmith fan, born with Down syndrome, figured he was out of luck, but things were about to get crazy.

Late last Thursday afternoon, he and his mom Diane walked into Niagara Medical Supplies Inc. on Montrose Road. A cocktail server at Fallsview casino, Diane was there to pick up some support pantyhose.

There was a limo out front, and when she walked through the door she thought she recognized the guy getting a back brace by the counter.

"I'm looking at him and I know his face, but I couldn't think of his name."

But Anthony did. "He goes 'Oh, my God! Steven Tyler, is that you?'"

In a flash he ran over to the rock legend to give him a hug. A thrilled Tyler hugged him back, then hugged and kissed Diane for good measure. He then asked if they were going to the show Thursday night.

Couldn't get tickets, she told him.

"He's like, 'Oh, don't worry about that, you guys are coming with me. I'll get you backstage passes.'"

The problem? Diane had to work Thursday and couldn't go. So she made quick calls to her boyfriend and Anthony's dance instructor to go with him.

She had no idea Anthony's night was about to get even bigger.

As Tyler took the stage to *Sweet Emotion*, he shouted "Anthony's in the house!" and brought him out to play the maracas.

"I was talking with people at work last night and they're like 'That was your son on stage?' (Tyler) told the band to lower their music and he had the microphone right on the maracas. He was like, 'Keep going, Anthony! Keep going!'"

While this was happening, the pictures were being sent to a stunned Yorfido's cellphone while she was working. Just down the hall.

"I was dying! I'm like, are you kidding me? I can't be there?' I was so upset."

She heard the whole story from Anthony, 24, Friday morning.

"He woke up this morning going 'Oh my God, mom.' He showed me the set list, he was crying. He was so excited. He said 'This is the best thing that ever happened to me in my life.'"

Tyler played the second of two sold out shows in Niagara Falls last week, performing Aerosmith classics and a few new songs with backing band *Loving Mary*.

It's a visit Yorfido will never forget. If she wasn't a Tyler fan before, she's a huge one now.

And it all began with a chance visit to a medical supply store.

"He just happened to go in there," she says. "He says to Anthony, 'I didn't come in here to get a back brace, I came in here to meet my new buddy Anthony.' I was crying, that was so nice."

john.law@sunmedia.ca

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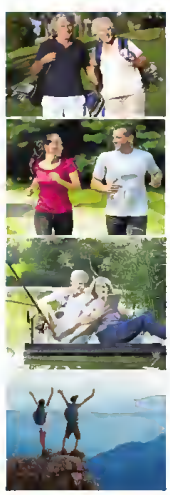

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LOCALNEWS

Balancing boxing, music and motivation

ALISON LANGLEY
Postmedia Network

As a teenager walking the halls of Westlane Secondary School in Niagara Falls, Isaac Mitchell felt defeated.

"Growing up, I was told I'd never amount to anything and there was a time I started to believe that," he said.

He was raised in western New York and was affiliated with a gang by the time he was 11. His family relocated to Niagara Falls when he was a teen and, despite the change, Mitchell remained full of self-doubt and feelings of worthlessness and despair.

"It's like you're a ticking time bomb waiting to explode ,and I didn't like myself very much," he recalled last Wednesday during a presentation at his former high school.

"To be honest, I didn't want to live at that time."

Mitchell knew he was the only one who could change his attitude on life. He knew he wanted to be a champion boxer, so he set goals for himself to achieve that dream.

He was terrified as he entered the ring for his first bout.

"I fought my heart out ... I lost my very first fight. I failed."

Undaunted he returned to the gym and soon began to make a name for himself in the ring.

He went on to win both provincial and national titles.

With one goal realized, he turned to another passion: music.

Mitchell transformed himself and became hip hop artist JI, or Just Isaac. He released his first album in 2005 and has performed across Canada and the United States.

Today he balances both boxing and music and encourages young people to follow their dreams.

"It was very interesting to hear about what he's achieved in both boxing and music as they are really polar opposites," said Grade 11 student Nicholas Murray, 17.

Haleema Khan, 18, was also impressed by Mitchell's message.

"It was really empowering," the Grade 12 student said. "And it was really neat to listen to someone who was once part of the Westlane community share how far they've gone with their experiences here."

Classmate Kuda Charamba, also 18, agreed.

"For those who don't have a vision yet for what they want to do in the future, he was pretty inspiring when he said there's options out there and you should keep pushing forward."

Mitchell told the students to have a vision and to work toward making that vision a reality.

"Everyone has unique potential within them," he said. "Believe it's going to happen. Make a plan and take action."

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Twitter @nfallslangley

SUBMITTED PHOTO

Former Westlane Secondary School student Isaac Mitchell returned to his old high school on Wednesday with a message for today's students to not give up and to follow their dreams. One of Mitchell's dreams was to become a champion boxer, and after persevering he did that winning both provincial and national titles. He is currently pursuing another dream in the music industry.

NOTICE OF A PROPOSED CHANGE TO A RENEWABLE ENERGY PROJECT

Project Name: Niagara Region Wind Farm

Renewable Energy Approval: 4353-9HMP2R

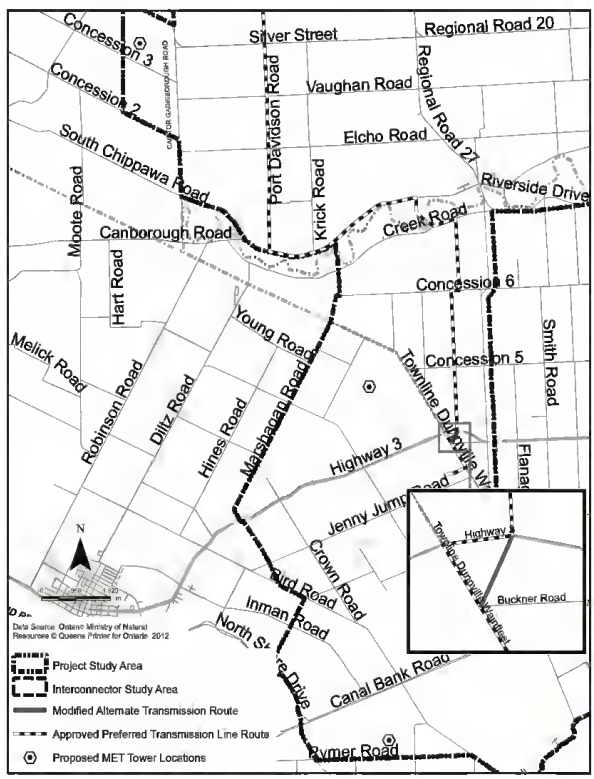
IESO Reference Number: F-001580-WIN-130-601

Project Location: The Niagara Region Wind Farm (the "Project") is located within Haldimand County and Niagara Region (including the Townships of Wainfleet and West Lincoln and the Town of Lincoln). The electrical interconnection components are located within the Town of Lincoln and the Township of West Lincoln, in Niagara Region, and in Haldimand County in southern Ontario.

Dated At: Haldimand County and Niagara Region on this 6th day of April, 2016.

Niagara Region Wind Corporation ("NRWC") was issued a Renewable Energy Approval (REA) on November 6, 2014 in respect of the Niagara Region Wind Farm project (the "project"). Information with respect to the decision on this project can be viewed on the Environmental Registry by searching EBR #012-0613. An amendment to the existing approval for an administrative change to the Project was issued by the Ministry of the Environment and Climate Change (MOECC) on November 23, 2015; to acknowledge the change in ownership of the Project from 'Niagara Region Wind Corporation' to 'FWRN LP', as FWRN LP has purchased the Project (EBR #012-5532).

FWRN LP is proposing to make changes to the project and the project itself is subject to the provisions of the Environmental Protection Act of Ontario (Act) Part V.0.1 and Ontario Regulation 359/09 (Regulation). In accordance with Section 16.0.1 of the Regulation this notice is being distributed to make the public aware of proposed changes to the project.



Project Description and Proposed Change
Pursuant to the Act and Regulation, the facility, in respect of which the REA was issued, is considered to be a Class 4 Wind Facility. An application has been made to the MOECC to change the project and alter the terms and conditions of the existing REA. The proposed change consists of project design changes to the REA Application and includes:

1. Meteorological (MET) Towers: the installation of three (3) new MET towers to monitor wind speed, wind direction, and other atmospheric parameters, in order to satisfy Independent Electricity System Operator telemetry and forecasting requirements; and,
2. Transmission Line: the addition of an alternate transmission route to avoid pole placement along the Hwy 3 Ministry of Transportation (MTO) right of way to address recent comments received from the MTO.

Documents for Public Inspection
FWRN LP has developed a Modification Document which summarizes the proposed change. A written copy of the Modification Document is currently available for public inspection on the project website (http://www.nrwf.ca/projectdocuments/). Copies of the final REA documents also remain available on the project website.

Project Contacts and Information:
To learn more about the project, or to communicate questions or comments, please contact:

Project Email Address: info@nrwf.ca
Project Website: www.nrwf.ca
Project Phone Number: 819-363-6491 or 1-844-363-6491 (toll free)

Shiloh Berriman, Project Coordinator
FWRN LP
4672 Bartlett Road South
Beamsville, ON L0R 1B1

J.A. (Al) Leggett, BA, MCIP, RPP, Project Manager
Stantec Consulting Ltd.
300 - 675 Cochrane Drive West Tower
Markham, ON L3R 0B8

Information will be collected and used in accordance with the Environmental Protection Act and Freedom of Information and Protection of Privacy Act. This information will be used to assist FWRN LP in meeting applicable environmental approvals requirements. This material will be maintained on file for use during the project and may be included in project documentation. Unless indicated otherwise, personal information and all comments will become part of the public record and publicly released as part of project documentation.

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